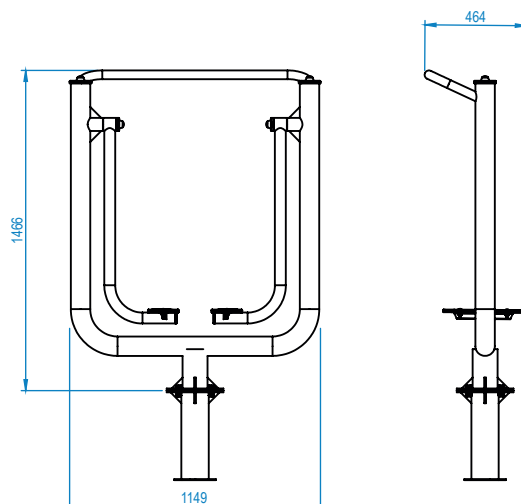
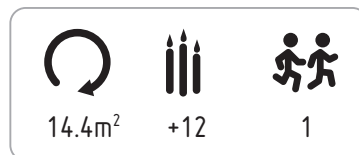
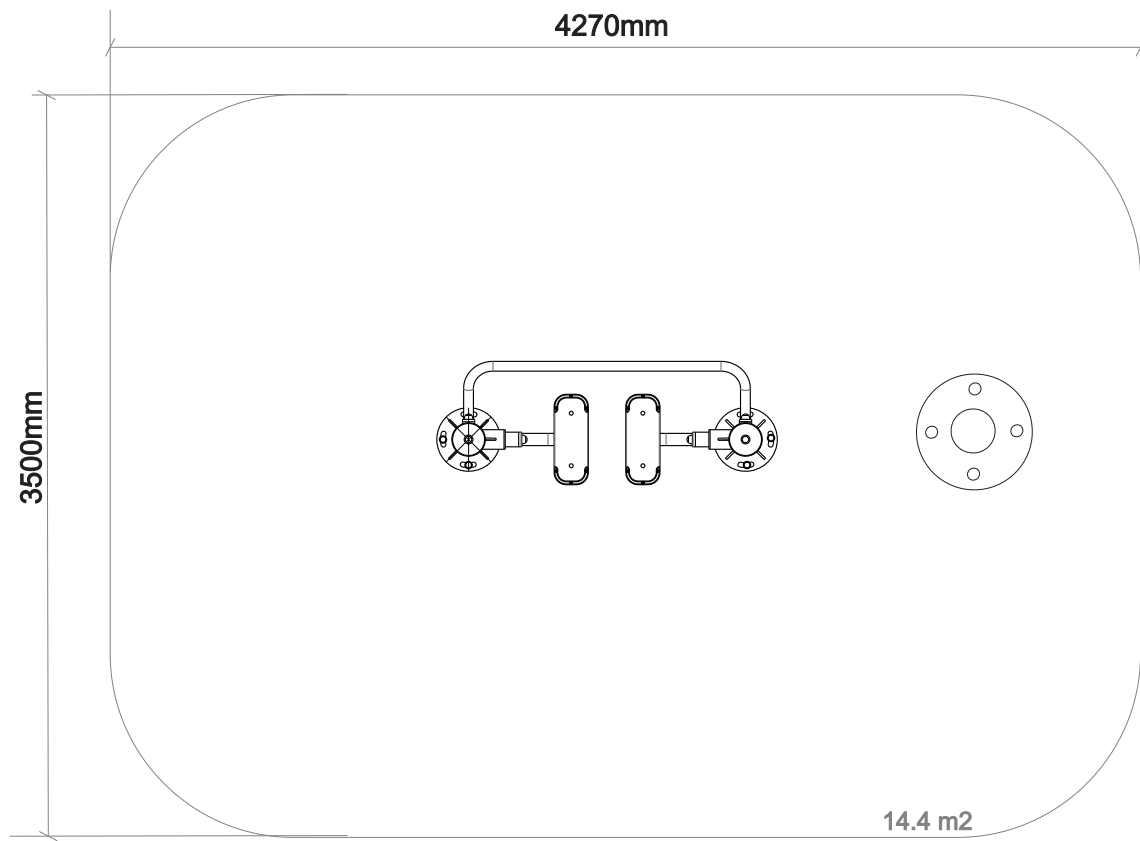


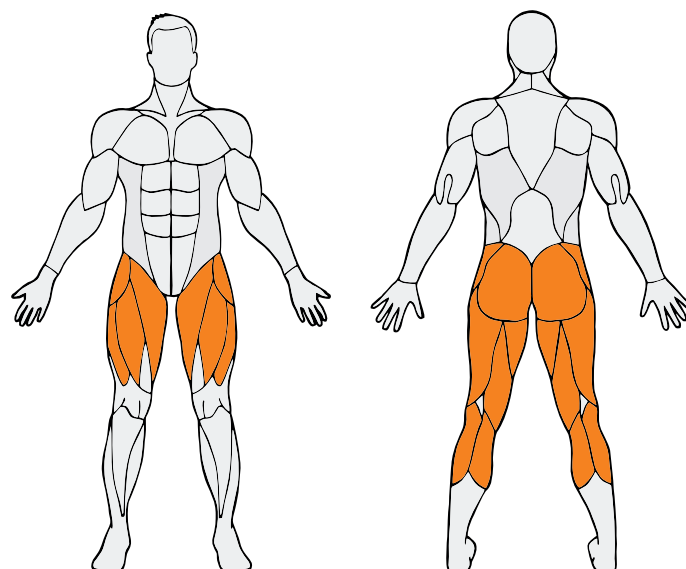
TRENINGSPPARAT PENDEL

62704





MÚSCULOS PARA DESENVOLVER / MÚSCULOS PARA DESARROLLAR / MUSCLES TO DEVELOP / MUSCLES À DÉVELOPPER





(very resistant to corrosion, wear and vandalism)

Structure

polyethylene

Plastic parts

electro-galvanized steel

Metal parts

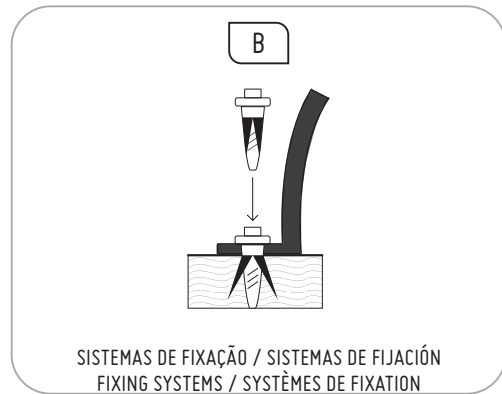
Bearings: SKF stiff balls with a reinforced stroke on both sides (no maintenance and lubrication required);

Finishing

electroplated and lacquered (or gel type enamel at 230°C, with thickness between 70µm according to the norm UNE EN ISO2808) to 2600 Sablé (on request can be lacquered to another RAL);

Type of attachment

provided by 1 negative;



PLANO DE MANUTENÇÃO / PLAN DE MANTENIMIENTO / MAINTENANCE PLAN / PLAN DE MAINTENANCE

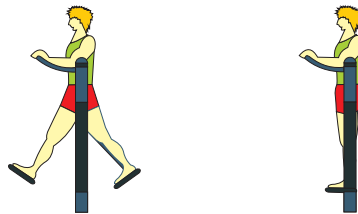
Weekly: visually check the overall status of the game, ensuring there are no breaks or damage to users;

Monthly: Check that the joints have a uniform movement. Lubricate if appropriate. ensure that the structural stability of the game is the same as the first day. check the condition of all bolts and their protections;

Annually: check for corrosion on metal parts. Check all foundations;



MODO DE EXECUÇÃO / MODO DE EJECUCIÓN / MODE OF EXECUTION / MODE D'EXÉCUTION



Objective: To develop and maintain aerobic fitness. Exercise the balance and intersegmentar co-ordination of the lower limbs. Mobilize the hip joint.

Mode of execution: Grab the blue bar with both hands and climb onto the pedals, move your lower limbs as if you were about to walk.

Normal bipedal posture, look forward with chin in the normal position. During execution do not drop the blue bar.

Prescription: Always depending on your physical state. Perform the exercise for 20 to 30 minutes. It can accumulate, which means that you can make series of 10 minutes, for a total of the desired duration. You do not need to perform the series then you can interval with the execution of other exercises.



Caution: Consult your doctor before performing these exercises. Children must be supervised by an adult.